



DR JEWKES/MEDICAL ADVISOR GREEN TEA DIET POWER

Green Tea is a product made from the *Camellia sinensis* plant. It can be prepared as a beverage, which has some health effects. Or an "extract" can be made from the leaves to use as medicine.

Green tea is used to improve mental alertness and thinking.

Some people use green tea for Crohn's disease, Parkinson's disease, diseases of the heart and blood vessels, diabetes, low blood pressure, chronic fatigue syndrome, dental cavities, kidney stones, and skin damage. As for you ladies out there green tea bags are also used to decrease puffiness under the eyes, and can also be used to stop gums from bleeding after a tooth is pulled.

Green tea is loaded with polyphenols such as flavanols which are plant metabolites that have a protective role against oxidative damage). Green tea also contains about 2-4 percent caffeine which helps with improved alertness and thinking and energy.

Green tea for weight loss indicates from the evidence that the extract EGCG can increase calorie and fat metabolism. In addition there is appetite suppressing properties. This why Rain Nutrition added this important ingredient to our Vapor weight loss capsule.

The power of Green Tea and other ingredients that we have in Vapor when taken regularly and following the Rain Health Club handbook will get you on your way to better weight loss management and improved health as you take the Vapor with the Thrive.

